



## Region 3 Regional Suicide Advisory Board Meeting Minutes

**Meeting Date:** November 1<sup>st</sup>, 2022

**Location:** Zoom

**Present:** Sandra Fairbain, Drew Lavallee, Mary Pike, Heather Victoria, Theresa Lambert, Crissy Wagoner, Sabena Escott, Maggie Wood, Jennifer Foss, Scott Barton, Linda Barton, Katie Bell, John Leuba, Ann Dagle, Dr Papalia, Val Geato, Angelina Young, Britany Valentine, Jessica Musgrove, Jo-Ann Chenail, Linda Barton, Tanya Walters, Mary-Ann McComiskey, Thomas Burr

**Staff:** Mark D. Irons

AGENDA ITEM/TOPIC	SUMMARY OF DISCUSSION	OUTCOME / ACTION/RESPONSIBLE
Welcome & Introductions	All were welcomed and asked to place their name and their connection to the work	
RSAB Updates	The RSAB members were reminded we will be meeting monthly. Always looking for new members, please share with any in your networks. All are welcome.	
Overview of CT Chapter of National Alliance on Mental Illness from Thomas Burr Public Policy & Affiliates Relations Manager	Thomas shared his personal story which brought him to NAMI. A variety of programs which can be facilitated by NAMI staff and members was discussed. These programs included advocacy, support and working with individuals with mental health difficulties. The programs are geared for a variety of audiences from young people, college students, families, and providers. The engagements can range from an hour to several weeks depending on the curriculum.	

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Connecticut Suicide Advisory Board (CTSAB) TSAB Update	<p>At the CTSAB Oct. 13<sup>th</sup> meeting: Lisa Barry, UCONN Health, Transition from Incarceration to the Community: Risk of Suicide-Related Outcomes were discussed in particular the unique issues associated with this population especially incarcerated seniors. Dr. Barry showed the data that health and mental health concerns are increased for older inmates.</p> <p>The next meeting is 11/10/22 with the topic: CTSAB Lived Experience Committee Members, Why I Didn't Say Anything.</p> <p>Reminder that anyone can request materials for promoting the statewide suicide prevention campaign via the 1 Word, 1 Life, 1 Voice website.</p>	
Prevention Information	The RSAB Coordinator provided QPR trainings for (Sexual Assault Crisis Center of Eastern CT staff, Mitchell College Residential Staff & Lifestar Crews with Hartford Health Care). A Youth Mental Health First Aid training was offered to a variety of government and school staff from the Town of Coventry. Lebanon Public Schools recently drafted a district wide policy on suicide prevention and intervention.	
Postvention Information	The board was reminded that Emergency Mobile Psychiatric Services (EMPS) out of United Community and Family Services (UCFS) is available to provide presentations and support following a loss to school or government agencies. The RSAB Coordinator is working with two communities (Norwich & New London) to place signage at loss sites.	
988 Update	The state is seeing an uptick in calls to 211 since July 2022. No Wrong Door is the message, all current crisis lines are still active. Agencies can have protocols in place that guide staff to help students and families in distress. Ensure staff know how and where to get help for themselves, peers, and visitors. Connect with your local Mobile Crisis providers through 211 or 988 to develop collaborative relationships to support youth and adults.	

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Upcoming trainings	<p>Nov. 8<sup>th</sup> 9:00-10:30 Veteran Gatekeeper Training presented by the Veterans Affairs from Connecticut Branch.</p> <p>December 14<sup>th</sup> 9:00-1:00 NAMI CT presenting: <i>Understanding Mental Illness What people affected by mental illness want you to know</i></p>	
Questions & Comments	A school district requested to partner with the RSAB Coordinator to offer Talk Saves the Lives during parent teacher conferences.	
Next Meetings:	<p><u>Tuesday December 6th @ 9 via Zoom</u></p> <p>Topic: Adult Emergency Mobile Psychiatric Services available in Eastern CT</p>	